

# (OLLI) at the University of Connecticut, Waterbury Campus

**Lifelong Learning | Providing older adults with opportunities to engage in intellectual development, cultural stimulation, and social interaction.**



*\*During the Fall 2015 session, nearly 40 UConn Waterbury undergraduate students actively engaged with OLLI members, in and outside of the classroom. Pictures of UConn students, alongside OLLI members, can be viewed throughout this brochure.*

## **SPRING 2016**

February 19 - April 29

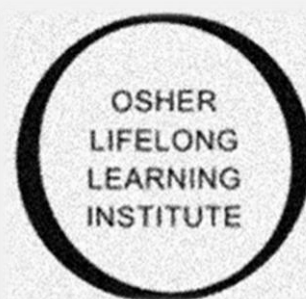
**Spring Registration Begins:** Thursday, January 21, 2016 at 9:00 AM

Visit our website for more information: [olli.uconn.edu](http://olli.uconn.edu)

**Contact Us:** Call (203) 236 – 9924 OR email [osher@uconn.edu](mailto:osher@uconn.edu)

## **SUMMER 2016**

Save the Dates: May 31 - June 30



**"I am INSPIRED by the OLLI members. They have reminded me how it feels to actually love learning."**

- Katlyn Sekorski, UConn undergraduate student and intergenerational course participant

### From the OLLI Coordinator

The Osher Lifelong Learning Institute at UConn Waterbury has invigorated the lives of lifelong learners from over 80 (almost half!) of Connecticut's towns for 9 years. We are proud of our accomplishments and of meeting goals that we set for ourselves over the years. We have experienced growth in membership as well as the scope and breadth of OLLI curricula.

Classes and activities are held year-round. There is always something 'going on' at OLLI. Whether it's a local or overnight trip, a get-together for games or favorite films, a committee meeting or a gathering to register for courses, our members are active in and out of class.

We maintain a curriculum stimulated by exciting new courses session by session, along with a strong body of existing courses that have stood the test of time. Courses and presenters that strengthen each curricular discipline and adhere to academic standards are what make OLLI at UConn what it is to all of us – that place we want to join, to explore, to volunteer for, and to return to, week after week, year after year.



UConn, Waterbury Campus  
Main Entrance

The University of Connecticut's Waterbury Campus, our home, indeed our sanctuary, has thoughtfully and gracefully accommodated our every growth spurt, as our meetings, courses, lectures and special events have attracted more and more of you to walk these halls in search of knowledge. Each UConn department that we interface with sees us, approaches us and works with us as family, and we appreciate the efforts of all of our campus colleagues.

To our new members, welcome to OLLI at UConn – we embrace and hope to fulfill your lingering curiosities. To our returning members and presenters, welcome back and enjoy another semester of growth!

We look forward to your participation in sustaining the OLLI vision – to continue offering a program of learning for the community of Greater Waterbury and beyond. Find out how you can help by visiting The UConn Foundation via the "Support OLLI" button on our website home page ([olli.uconn.edu](http://olli.uconn.edu)).

Finally, as Main Street Waterbury continues to celebrate 10 years of its focus on improving business and retail operations in the city, we encourage you to enjoy Downtown Waterbury. Please visit its restaurants and retail establishments before and after classes.

Enjoy your spring classes at OLLI!

**Aleta Staton, OLLI at UConn Coordinator**



**ART & ART HISTORY**

AH-419 | *Beatniks Vs. Hippies? No Contest!*  
Alan Bisbort, Page 6

AH-426 | *The Magic Behind the Footlights- Backstage Secrets of Waterbury's Storied Palace Theater!*  
Lou Belloisy, Page 6

AH-429 | *Five Great Artists, Five Different Styles*  
Lisa Smith Arnold, Page 5

**COMPUTERS**

CO-411 | *Professional and Dynamic PowerPoint Presentations* | Nancy Wallace, Page 4

CO-414 | *iPads for Beginners*  
Sheila Lafferty, Page 7

**CULTURE & LANGUAGE**

CL-402 | *Italian: Vita E Lingua (Part II)*  
Nunzio DeFilippis, Page 4, 5

CL-415 *Conversational French for Travelers*  
Mary Conseur, Page 3

CL-432 | *Italian: Vita E Lingua (Part VI)*  
Nunzio DeFilippis, Page 6

CL-433 | *Archaeological Frauds, Myths, and Mysteries*  
Bonnie Plourde, Page 7

CL-434 | *Beyond Aladdin: Culture and Poetry of the Arab Lands* | Raghdad Barmo & Peter Mulholland, Page 7

**CURRENT EVENTS**

CE-007 | *China's Friends and Foes*  
Dr. Roger Levy, Page 3

CE-008 | *Gender and Sexuality 101*  
Bilal Tajildeen and Elizabeth Neuwirth, Page 5

**INTRODUCING: A NEW and CREATIVE UConn Waterbury Intergenerational Learning Opportunity**

The Writers Workshop of Waterbury UCONN, led by acclaimed writer, Professor Thomas Dulack, and his daughter, actress, teacher and filmmaker, Ilvi Dulack, is a non-credit program for highly motivated writers who are looking to develop and refine their work. The workshop meets weekly to read and discuss new work and to review projects in production. Writers of prose, plays and screenplays are welcome. From the page to the stage, screen or website, this workshop is where highly determined and self-motivated individuals will find the support, artistic challenge and the hands on skills they need to advance their writing to the next level. These workshops are open to everyone on campus, including students, staff and faculty, alumnae, and OLLI members. The atmosphere of the sessions is informal and non-judgmental. Don't miss out on this exciting intergenerational learning opportunity!

**LW-001 UConn Waterbury Creativity Workshop**

Dates: Wednesdays, January 27 – March 30

Time: 4:30 – 6:30PM

Room: 102

Cost: \$56

**HEALTH & WELLNESS**

HW-405 | *Reiki (Level 1)*  
Barbara Schafer, Page 6

HW-417 | *Introduction to the Alexander Technique* | Peter Anderheggen, Page 6

HW-446 | *Alexander Technique: The Next Steps* | Peter Anderheggen, Page 3

HW-450 | *Dreaming with the Muse*  
Judith Dreyer, Page 5

HW-451 | *To Plant a Garden is to Believe in Tomorrow* | Judith Dreyer, Page 5

HW-452 | *The Holistic Lifestyle: Contemporary Science Discovers Ancient Wisdom* | Dr. James Prado, Page 3

HW-453 | *The Power of Nutrition for Health*  
Jane Sirignano, Page 6

HW-454 | *Chinese Medicine: Acupuncture*  
William Courtland, Page 6

**HISTORY**

HS-476 | *Indiana Jones? Nope... Just a Real Archaeologist* | Bonnie Plourde  
Page 6

HS-478 | *How to do Archaeology Without Ever Lifting a Trowel* | Bonnie Plourde  
Page 6

HS-485 | *The Mystery of Old Testament Authorship* | Dr. Walter Brooks, Page 5

HS-489 | *The Case Against Abraham Lincoln* | Avi Isseroff, Page 3

**LITERATURE & WRITING**

LW-403 | *In So Many Words 2.0*  
Cindy Eastman, Page 4

LW-423 | *For the Love of Children's Literature* | Christine Guiditta, Page 5

LW-445 A & B | *Writing On The Write Side Of Your Brain* | Nancy Whitney, Page 4

LW-451 | *Searching for Moby Dick*  
Dr. James Farnham, Page 5

LW-452 | *Verse, Form, and Pattern: A Workshop Where Form is Fun!*  
Peter Mulholland, Page 7

LW-453 | *"A Mob of Scribbling Women" - Gender in American Popular Fiction*  
Sarah Sherman, Page 7

LW-454 | *Unpacking Poetry Through Discussion* | Bilal Tajildeen, Page 4

**MATH & SCIENCE**

MS-427 | *DNA – The Cell's Information Storehouse* | Douglas Welsh, Page 7

MS-428 | *Cancer, The Inside Story*  
Douglas Welsh, Page 7

MS-429 | *Planet Earth: Our Place In The Universe* | James Hannon, Page 5

**MUSIC**

MU-438 | *Name that Tune! (ALL NEW)*  
Donna Obarowski, Page 4

MU-442 | *Songwriting: Sharing Life's Memories* | Steve Bustamante, Page 5

MU-443 | *Music to Enhance Well-being*  
Julie Cook, Page 6

**PERFORMING ARTS**

PA-423 | *IL Mio Donizetti e il suo Bel Canto (Opera)* | Nunzio DeFilippis  
Page 7

PA-424 | *A Comedy Tonight!*  
Paul Hammer, Page 7

PA-425 | *Engage, Entertain & Inspire... A Look into the International Festival of Arts & Ideas* | Chad Herzog, Page 3

**PHILOSOPHY & RELIGION**

PR-409 | *Reading the Gospel of John*  
Rev. Dr. Jim Bradley, Page 6

PR-417 | *Our Visions of God: From Stone Age to New Age* | Vincent Casanova  
Page 3

PR-419 | *The Historical Jesus*  
Dr. Walter Brooks, Page 6

PR-420 | *What If A Machine Became Smarter Than A Human?*  
Charles Lasky, Page 4

PR-421 | *Dante's Inferno: To Hell and Back* | Douglas Welsh, Page 5

**TRAVEL**

TR-401 | *"Bucket List" Travel: Is Exploring To The Ends Of The Earth For You?* | Diane Stone, Page 5

**VISUAL ARTS**

VA-415 | *An Enriching Experience with Acrylic Painting* | Judy Jaworski, Page 5

VA-432 | *Mandalas as Art and Personal Relaxation* | Rose-Ann Chrzanowski,  
Page 4

VA-433 | *Introduction to Batik Design*  
Souleymane Ndiaye, Page 3

VA-434 | *Advanced Batik Design*  
Souleymane Ndiaye, Page 7

VA-435 | *Introduction to Fabric Painting*  
Souleymane Ndiaye, Page 3

VA-436 | *The Art in Painting: A Workshop* | Thelma Appel, Page 3

VA-437 | *Now You See It, But You Don't!*  
Dr. Virginia Bush, Page 3

VA-438 | *The Aspects of Film Through 9 Great Movies* | Paul Marino, Page 7

VA-439 | *The Feature Films of Alejandro G. Iñárritu* | Paul Marino, Page 4

**MONDAY CLASSES****VA-433 | Introduction to Batik Design | Souleymane Ndiaye | \$56 | 10 Weeks (2/22 – 4/25) | 10:45AM – 12:15PM**

In this course, students will learn the art of resist dyeing, which is used to create batik designs. Classes will include information on the history of batik design, as well as the application of different techniques used to create authentic frameable designs.

**CE-007 | China's Friends and Foes | Dr. Roger Levy | \$28 | 5 Weeks (3/28 - 4/25) | 12:30PM – 2:00PM**

In this course, we will examine the People's Republic of China's foreign policy. In particular, we will analyze its current relations with the US, Japan, Russia, and India. We will discuss the tensions arising from China's recent territorial claims in the South China Sea and its on-going conflict with Taiwan. We will explore the consequences of the Middle Kingdom's intentions to build a new "Silk Road," as well as review the country's odd relationship with Pakistan and its evolving ties with the Koreans.

**VA-435 | Introduction to Fabric Painting | Souleymane Ndiaye | \$56 | 10 Weeks (2/22 – 4/25) | 2:15PM – 3:45PM**

In this course, students will learn to use stencils and hand painting to paint designs and motifs directly onto fabric.

**TUESDAY CLASSES****CL-415 Conversational French for Travelers | Mary Conseur | \$56 | 10 Weeks (2/23 – 4/26) | 9:00AM – 10:30AM**

In this course, students will learn "survival skills" French for traveling through airports, hotels, restaurants, shops, and train stations. Students will also explore aspects of French culture and lifestyle.

**HW-452 | The Holistic Lifestyle: Contemporary Science Discovers Ancient Wisdom | Dr. James Prado | \$28****5 Weeks (3/29 - 4/26) | 10:45AM – 12:15PM**

This course involves an exploration of contemporary research supporting a low-tech, natural approach to lifestyle modifications as a means of reducing the physical, social, and economic burden of chronic disease.

**WEDNESDAY CLASSES****HS-489 | The Case Against Abraham Lincoln | Avi Isseroff | \$28 | 5 Weeks (2/24 – 3/23) | 12:30PM – 2:00PM**

Historians have, by consensus, showered praise upon Lincoln. In this course, however, we will consider the various ways that Lincoln may have been deficient in judgement, action, and character, and their enduring effect on our history.

**HW-446 | Alexander Technique: The Next Steps | Peter Anderheggen | \$28 | 5 Weeks (3/30 – 4/27) 10:45AM – 12:15PM**

This course will help students deepen their awareness of long-standing habits of movement and constriction. Taking what they have learned in previous courses and lessons, students will be aided to employ the Alexander Technique principles: inhibition, direction, and mindful achievement of goals.

**VA-437 | Now You See It, But You Don't! | Dr. Virginia Bush | \$28 | 5 Weeks (3/30 – 4/27) | 12:30PM - 2:00PM**

Most painting and drawing is based on making something two-dimensional appear three-dimensional. Artists may enhance this illusion with linear perspective, mirrors, trompe l'oeil, visionary subjects, unusual framing, or other tricks. Illusion is fundamental to art.

**PA-425 | Engage, Entertain & Inspire... A Look into the International Festival of Arts & Ideas | Chad Herzog | \$28****4 Wednesday Classes – UConn Waterbury (4/06 – 4/27 | 10:45AM – 12:15PM) & 1 Sunday Event – New Haven (4/03)**

The International Festival of Arts & Ideas produces an annual celebration of performing arts, lectures, and conversations each June in New Haven, CT. The Festival convenes leading artists, thought-leaders, and innovators from around the world for fifteen days of dynamic public programs to engage, entertain, and inspire a diversity of communities. This course begins by seeing The National Theatre of Scotland's *Strange Undoing of Prudencia Hart* and continues with in-class lectures on how the Festival is curated, what can't be missed in June of 2016, and how to get involved.

\*Enrollees will receive a \$15 discount on *Prudencia Hart* admission, originally \$40.

**THURSDAY CLASSES****PR-417 Our Visions of God: From Stone Age to New Age | Vincent Casanova | \$56 | 10 Weeks (2/25 – 4/28) | 10:45AM – 12:15PM**

This course will take a modest historical survey of the many notions of God held throughout Western History. Various conceptualizations of God will be traced from the primitive through the Ancient, Medieval, Modern, and Contemporary eras.

**VA-436 | The Art in Painting – A Workshop | Thelma Appel | \$56 | 10 Weeks (2/25 – 4/28) | 12:30PM – 2:00PM**

In this class you will create a dynamic painting – from a photograph or classroom Still Life. You will learn how to articulate pictorial space, use light and dark contrasts, learn mixing techniques for colors and their values, experiment with muted close values (tones) and contrasting high energy bright primaries to create your own unique work of art.

**AARP SMART DRIVERS COURSE**

OLLI at UConn hosts the AARP 4-hour Smart Drivers Course for older drivers to help refresh driving skills and learn a few new tips. The cost is \$15 for AARP members and \$20 for non-members. Payment by check (to AARP) at the start of the course. State law mandates a minimum discount of 5% on your liability insurance for 2 years for drivers 60 and over who take the course. **OLLI membership not required to register.**

**Choose one of the following sessions:**

Tuesday, April 19<sup>th</sup> • 12:30 PM – 5:00 PM • Instructor, Fran Escott

**OR**

Wednesday, May 11<sup>th</sup> • 9:00 AM – 1:30 PM • Instructor, Edward Conlan





**Please Note:** Given the tendency for room assignments to change throughout the OLLI registration period, they have not been included in this Spring catalog. Room assignments will be made available online as the Spring semester approaches. Up-to-date room charts will also be available for pick-up at the OLLI information table on the first day of classes.

## FRIDAY CLASSES

### 9:00 AM – 10:30 AM

#### First 5 Weeks (February 19 – March 18)

##### LW-445A | Writing On The Write Side Of Your Brain Nancy Whitney | \$28

You want to write - don't know where or how to start? Come and we'll talk, write, laugh, share and open the door to your own creativity. Dare yourself to do something new - write! And enjoy the journey.



#### Last 5 Weeks (April 1 - April 29)

##### CO-411 | Professional and Dynamic PowerPoint Presentations Nancy Wallace | \$28

Participants will learn how to create slideshow presentations, photo albums and travelogues. The class will cover animations, slide transitions and printing options. This class is for beginners with computer experience.

**Note:** This class is designed for PCs, not MACs.

##### LW-445B | Writing On The Write Side Of Your Brain Nancy Whitney | \$28

You want to write - don't know where or how to start? Come and we'll talk, write, laugh, share and open the door to your own creativity. Dare yourself to do something new - write! And enjoy the journey.

**MU-438 | Name that Tune! (ALL NEW) | Donna Obarowski | \$28**  
Find out how much classical music you actually know in the ALL NEW "Name that Tune!" Each week we will focus in on several pieces of music that are widely known outside of the classical music world because they have been adapted for other uses. That's right, the music you've heard in movies, TV shows, even cartoons. It's a little bit of music appreciation, a little bit of history, a little bit of culture, and a little bit of fun! **Please Note:** While the content of this course is different from in previous years, this IS a repeat of the latest installation of the course taught in Fall 2015.

### 8 - 10 Weeks (February 19 – April 29)

##### PR-420 | What If A Machine Became Smarter Than A Human? | Charles Lasky | \$56

Let's learn about the current state of robotics and artificial intelligence. We will explore many of its facets and how it will affect our daily lives. How would you feel if your 5 year old granddaughter wanted her robot nanny to read her a bedtime story instead of you? Think it won't happen? Let's explore the possibility together!

##### CL-402 | Italian: Vita E Lingua (Part II) | Nunzio DeFilippis | \$112

This course is a continuation of Italian I. This course involves an introduction to Italian language, enhanced by cultural experience. The course will consist of basic Italian for the first hour and a half, followed by an enhanced Italian cultural experience which will include customs and discussions of everyday life, as well as viewing Italian films, documentaries, and operas. **Please note: this course is a double-session (9:00 – 12:15).**

##### VA-439 | The Feature Films of Alejandro G. Iñárritu | Paul Marino | \$67 | 9 Classes (No Class 4/08) | 8:30AM – 10:30AM

This course will take a deep dive into the first 5 feature films of arguably the 21<sup>st</sup> century's most brilliant and promising movie director, Alejandro G. Iñárritu. His first five features have all been critically acclaimed and received at least one Oscar nomination. The feature films include: *Love Dogs*, *21 Grams*, *Babel*, *Biutiful*, and *Birdman*. The facilitator will introduce each film and facilitate in-depth student-based discussions minimally following each on their cultural significance, major themes, character interactions, crucial scenes, etc. **Please Note: Early start time (8:30AM)**

##### LW-403 | In So Many Words 2.0 | Cindy Eastman | \$51 | 9 Classes (No Class 4/15)

Writing is a phenomenological process by which we humans make sense of our experiences. In this facilitated course, participants will learn strategies and models for journaling and will be guided to hear their own writing voice. Each course will consist of guided writing time. The goal of the course will be for each student to have a piece for submission to the annual Voices and Visions journal.

##### LW-454 | Unpacking Poetry Through Discussion | Bilal Tajildeen | \$56

Using reader response, criticism and discussion, we will unpack the meaning, craft, and power of poetry. Each week we will focus on a different topic, ranging from mental health in poetry, to personal identity, to literary resistance. All poems will be read and discussed in class.

##### VA-432 | Mandalas as Art and Personal Relaxation | Rose-Ann Chrzanowski | \$56

In this course you will explore creating mandalas with various materials, including sand. This creative process requires no particular artistic talent; it comes from your heart and soul, so it has a high rate of success. Creating mandalas is a meditative experience that brings peace and relaxation.

**10:45 AM – 12:15 PM****First 5 Weeks (February 19 – March 18)****AH-429 | Five Great Artists, Five Different Styles****Lisa Smith Arnold | \$28**

This course will cover the life and work of five different artists: Van Gogh, John Singer Sargent, Cezanne, Norman Rockwell, as well as Andrew Wyeth. All have different and powerful styles which we will explore with visual aids. Questions are welcome!

**MS-429 | Planet Earth: Our Place In The Universe****James Hannon | \$28**

Starting from the days of Copernicus and Galileo, we will look at how we went from an Earth-centered universe to the correct Sun-centered solar system and our place in the galaxy. We will learn how astronomers figured out how far away the stars are, what they are made of, and what makes them shine. We will end with a discussion on how to observe and enjoy the night sky.

**HW-450 | Dreaming with the Muse | Judith Dreyer | \$28**

Dreams, illusive yet intriguing, guide us. The muse invites us to play and dance, to swim in the imagination of our souls, but can we grasp her for she is as delicate as a wisp of smoke. Each class will have an archetypal theme that enhances the understanding of our creative process. Bring a journal and your dreams, whether nighttime stories or the dreams of your heart.

**Last 5 Weeks (April 1 - April 29)****TR-401 | "Bucket List" Travel: Is Exploring To The Ends Of The Earth For You? | Diane Stone | \$28**

Traveling to the planet's remote destinations yields great rewards, but the research, planning, and self-awareness necessary to plan such trips can be very challenging. If you've dreamed of exploring the remote corners of the world, join us and learn about the informational resources available and the questions that you need to answer to decide on the who, what, when, and whether to go.

**MU-442 | Songwriting: Sharing Life's Memories****Steve Bustamante | \$28**

In this course, you will write songs, and if you care to, you will also co-write with others. This course is geared toward beginners interested in learning enough to start writing their own songs, and for those who wrote at one point, and want to pick it up again. Songs are meant to be shared, and this can, and often does allow the songwriter to further develop and make visible their community.

**HW-451 | To Plant a Garden is to Believe in Tomorrow****Judith Dreyer | \$28**

Turning lawn into meadow creates a more sustainable tomorrow. This program will focus on easy steps to turn a portion of lawn into wildflower landscape and highlight common meadow plants for their edible and medicinal properties. Weather permitting, we will go off site to seek plants in the "wild" and connect the learning with actual plants in our environment.

**LW-423 | For the Love of Children's Literature****Christine Guiditta | \$28**

Do you have a love of children's literature, or do you want to learn more? This course offers an opportunity to revisit a wide variety of books for young readers. You will enjoy reading a selection of genres, engaging in activities utilizing books to present to a wide range of readers (pre-school to seniors), and examining their illustrators. Participants should read the following books before the start of the session: *Charlotte's Web* and *The One and Only Ivan*.

**8 - 10 Weeks (February 19 – April 29)****HS-485 | The Mystery of Old Testament Authorship | Dr. Walter Brooks | \$56**

Put on your Sherlock Holmesian hats. There is a mystery we are going to try to solve. Who wrote the Old Testament? When? Why? The game is afoot!

**PR-421 | Dante's Inferno: To Hell and Back | Douglas Welsh | \$56**

Dante's Divine Comedy has been called the greatest poem ever written. This epic poem is divided into three parts: Inferno, Purgatorio, and Paradiso. This course will read and discuss part one of the Commedia and how it relates to the world of Dante and to our world.

**CL-402 | Italian: Vita E Lingua (Part II) | Nunzio DeFilippis | \$112**

This course is a continuation of Italian I. This course involves an introduction to Italian language, enhanced by cultural experience. The course will consist of basic Italian for the first hour and a half, followed by an enhanced Italian cultural experience which will include customs and discussions of everyday life, as well as viewing Italian films, documentaries, and operas. **Please note: this course is a double-session (9:00 – 12:15).**

**LW-451 | Searching for Moby Dick | Dr. James Farnham | \$45 | 8 Classes (2/19 – 4/15)**

The purpose of this course is to explore the philosophical, theological, and psychological issues in Melville's writings. *Moby Dick* remains the Mount Everest of American literature, and participants will explore the novel through a close reading over five weeks. The remaining classes will explore Melville's most important shorter tales, including: "Billy Budd," "Benito Cereno," and "Bartleby the Scrivener." Whether we will be at peace with Melville's world view at the end, remains to be seen.

**VA-415 | An Enriching Experience with Acrylic Painting | Judy Jaworski | \$56**

In this course you will learn to develop your own style and technique, using the medium to create an individual work of art. You will compose a color chart for reference and complete a personal finished painting.

**CE-008 | Gender and Sexuality 101 | Bilal Tajildeen and Elizabeth Neuwirth | \$56**

We live in an interesting time, when much that we used to know about sexuality and gender is transforming. We will explore what was "known" about male and female sexuality from the Middle Ages until now. Topics include a history of marriage, the lasting impact of Victorian attitudes about sexuality, responses to people whom we would now place in the LGBTQ continuum, and the vocabulary of modern gender studies.

**10:45 AM – 12:15 PM****8 - 10 Weeks (February 19 – April 29)****HW-454 | Chinese Medicine: Acupressure | William Courtland | \$45 | 8 Classes (3/04 – 4/29)**

This ancient form of bodywork assists mind and body in maintaining mental and physical health. Each class will consist of a lecture defining the principles of Acupressure, the five elements, the energetic channels in the body, the internal organs, and a demonstration of the application of finger pressure to the body of any participant who wishes to receive it.

**12:30 PM – 2:00 PM****First 5 Weeks (February 19 – March 18)****HS-476 | Indiana Jones? Nope... Just a Real Archaeologist  
Bonnie Plourde | \$28**

What does an archaeologist actually do, and why? How does archaeology relate to understanding everyday life? This course will discuss the fundamentals of archaeology by examining four actual archaeological and historic sites. A trip to a historic site will be taken during the last week of class.

**HW-417 | Introduction to the Alexander Technique  
Peter Anderheggen | \$28**

Participants in this course will be introduced to the basic principles of the Alexander Technique. Students will learn how to shed harmful habits that cause pain and limit mobility, and develop beneficial habits of improved psychophysical integration and mindful movement. There will be short readings and discussion.

**PR-409 | Reading the Gospel of John  
Rev. Dr. Jim Bradley | \$28**

This course will be a careful and critical reading of the Fourth Gospel. What would Christianity look like if John were our only gospel? We will note the narrative, style and purpose of John's writing.

**Last 5 Weeks (April 1 - April 29)****AH-419 | Beatniks Vs. Hippies? No Contest! | Alan Bisbort | \$28**

In this course, "beatnik" and "hippie" are NOT used as pejoratives. They are, in fact, badges of honor. Even though the original beatniks and hippies roamed the planet more than 50 years ago, the literary, artistic, musical, and fashion statements they made still resonate today. Find out the who, what, when, how, and why, through readings augmented by original artifacts, recordings, videos, art, and humor.

**MU-443 | Music to Enhance Well-being | Julie Cook | \$28**

Through information, discussion, and hands-on experience, members will explore how music boosts our physical and emotional well-being and reduces stress. Subjects include multicultural healing practices, chant, the power of voice, deep listening, and techniques of sound healers. No prior music experience is necessary.

**HW-453 | The Power of Nutrition for Health | Jane Sirignano | \$50  
12:45 – 2:45PM**

Learn the science and recipes for improving your health, trimming the waistline, tackling diabetes, improving digestion, improving blood pressure, and much more! Via DVD, Neal Barnard, MD presents evidenced-based information. Easy, simple and delicious recipe demos and food sampling are included. **Note:** Later start & end times\*

**HS-478 | How to do Archaeology Without Ever Lifting a Trowel  
Bonnie Plourde | \$28**

Many people believe that in order to do any archaeological research one must excavate. This simply is not true! This course will discuss what can be learned by the historical records and the material objects archaeologists study.

**AH-426 | The Magic Behind the Footlights: Backstage Secrets of  
Waterbury's Storied Palace Theater! | Lou Belloisy | \$28**

The Palace Theater, in collaboration with OLLI presents an historical and entertaining course on the Palace Theater, Waterbury's historic landmark and cultural gem. Topics will include the storied history of the venue from 1922 to the present day, the architectural details, the lore and myth associated with the theater, a Q & A session with the CEO and COO, and an actual behind the scenes tour to places the public normally does not have access to.

**8 - 10 Weeks (February 19 – April 29)****PR-419 | The Historical Jesus | Dr. Walter Brooks | \$56**

This course will critically examine the gospels of the New Testament in a quest to find the historical Jesus who stands behind them.

**CL-432 | Italian: Vita E Lingua (Part VI) | Nunzio DeFilippis | \$56**

This is a continuation of the course on Italian language and culture. This course will primarily be a conversation course in elementary-intermediate Italian. We will also spend time reviewing verb tenses in the past, present, and future. Participants will read Italian short stories and practice writing them in Italian as well.

**HW-405 | Reiki (Level 1) | Barbara Schafer | \$45 | 8 Classes (02/19 – 4/15)**

Reiki is a caring way of energizing, restoring and balancing the energy in our bodies. It reduces stress and produces a profound deep level of relaxation that enhances health and prevents illness, improves mental clarity, increases creativity and promotes a sense of deep peace and well-being. Anyone can do it!

**12:30 PM – 2:00 PM****8 - 10 Weeks (February 19 – April 29)****VA-438 | The Aspects of Film Through 9 Great Movies | Paul Marino | \$118 | 9 Classes (No Class 4/08)**

This course will involve a chronological study of the making of a motion picture. Each class will cover one aspect of film through the analysis of a movie featuring it. Movies featured in this course include: *Adaptation*, *Eyes Wide Shut*, *All About Eve*, *Memoirs of a Geisha*, *Birdman*, *Star Wars*, *Jurassic Park*, *Citizen Kane*, and *Moulin Rouge*. **Please note: this course is a double-session (12:30 – 4:00).**

**CL-434 | Beyond Aladdin: Culture and Poetry of the Arab Lands | Raghdah Barmo & Peter Mulholland | \$56**

This course will explore the rich culture of the land now known as the Middle East. Participants will be introduced to its language and varying dialects, its history, and its traditions in poetry.

**2:15 PM – 3:45 PM****First 5 Weeks (February 19 – March 18)****MS-427 | DNA – The Cell's Information Storehouse  
Douglas Welsh | \$28**

This course will present an in depth look at DNA. We will tell the exciting history of the discovery of DNA, how its structure affects its function, how the functions of DNA have evolved and how DNA is used today in the diagnosis and treatment of disease.

**Last 5 Weeks (April 1 - April 29)****CO-414 | iPads for Beginners | Sheila Lafferty | \$28**

This five-week workshop will cover the basics of using your iPad, keeping the system up-to-date, purchasing Apps, using the camera, connecting with friends using email and social networks, searching the web, listening to music and podcasts, and watching videos.

**Please Note:** There is VERY limited seating. If you select this course on your paper registration, please also indicate a back-up option.

**MS-428 | Cancer, The Inside Story | Douglas Welsh | \$28**

This course will present an in depth look at cancer, including how it starts and who is at risk. We will also discuss the new and exciting field of individualized treatment for cancer.

**8 - 10 Weeks (February 19 – April 29)****PA-423 | IL Mio Donizetti e il suo Bel Canto (Opera) | Nunzio DeFilippis | \$56**

This course will examine five great Bel Canto operas by Donizetti. From his first famous tragedy "Anna Bolena" (1830) to his first famous opera buffa "L'Elisir d' Amore" (1832), to another great tragedy, "Lucrezia Borgia" (1833), to his perhaps greatest tragedy, "Lucia di Lammermoor" (1835), to his last opera buffa, "Don Pasquale." This course will take you on a wonderful voyage in Donizetti's Bel Canto.

**PA-424 | A Comedy Tonight! | Paul Hammer | \$56**

Learn how to be funny and if you're already funny, learn how to be funnier. We'll study some of the masters of comedy from Aristophanes to Larry David (and beyond). This class will end in a performance of comedy sketches and stand-up routines – some original and some of our favorite oldies. Prepare to laugh and don't eat anything in class or we may have to use the Heimlich maneuver. Seriously, we're not joking!

**VA-438 | The Aspects of Film Through 9 Great Movies | Paul Marino | \$118 | 9 Classes - (No Class 4/08)**

This course will involve a chronological study of the making of a motion picture. Each class will cover one aspect of film through the analysis of a movie featuring it. Movies featured in this course include: *Adaptation*, *Eyes Wide Shut*, *All About Eve*, *Memoirs of a Geisha*, *Birdman*, *Star Wars*, *Jurassic Park*, *Citizen Kane*, and *Moulin Rouge*. **Please note: this course is a double-session (12:30 – 4:00).**

**LW-452 | Verse, Form, and Pattern: A Workshop Where Form is Fun! | Peter Mulholland | \$56**

The goal of this course is to delve into the history and creative possibilities of select verse forms ranging from Old English alliterative verse to the villanelle. Course participants will write four original poems (each of a different verse) and engage in critique on one another's work. This is an opportunity for both, poetry lovers and poetry beginners to broaden their poetic spectrum! The class also concludes with one-on-one meetings where the instructor give tips on how to publish what you write during the course.

**CL-433 | Archaeological Frauds, Myths, and Mysteries | Bonnie Plourde | \$56**

Is every archaeological discovery real? Did aliens build the pyramids? What's the point in creating fake artifacts to begin with? This course will look into the frauds, myths, and ongoing mysteries of archaeology.

**LW-453 | "A Mob of Scribbling Women" - Gender in American Popular Fiction | Sarah Sherman | \$56**

In this course, we will review the history and development of popular reading in America. To do this, we will take a look at historical materials, scholarly criticism, and works of fiction, and evaluate how widespread access to print relate to distinctions in literature, especially in regards to gender.

**VA-434 | Advanced Batik Design | Souleymane Ndiaye | \$56**

In this course, students will learn to improve on the art of resist dyeing, which is used to create batik designs. Classes will include information on the history of batik design, as well as the application of different techniques used to create authentic frameable designs. This course will add layers of color and use wax and stamp blocks in addition to the blue gel glue used in the introductory course. **Enrollment in the introductory course is NOT a prerequisite for this course.**

**Please Note:** Given the tendency for room assignments to change throughout the OLLI registration period, they have not been included in this Spring catalog. Room assignments will be made available online as the Spring semester approaches. Up-to-date room charts will also be available for pick-up at the OLLI information table on the first day of classes.



**OLLI CAFÉ PRESENTATIONS (1:00 PM – 2:00 PM, MPR Rooms 113 – 116)****Friday, February 19****The Declaration of Independence****John White**

The War for Independence, which founded our nation, is over, but the American Revolution goes on because it is a spiritual revolution of global dimensions. Come listen to internationally known author, John White discuss what he calls “the American Spirit” and show how it arises from the Declaration of Independence, along with the principles, ideals and values which built America.

**Friday, February 26****The Barkhamsted Lighthouse Site****Bonnie Plourde**

The remains of a small town sit on a hillside next to the Farmington River in Barkhamsted, CT. In this presentation archaeology enthusiast and OLLI instructor, Bonnie Plourde, will discuss the history, excavation, and preservation of this historic site.

**Friday, March 3****Personal Emergency Preparedness****Barbara Ripps**

The goal of this presentation is to provide important information that will help individuals prepare for a disaster or emergency. Disasters can happen any time and any place. Individuals who are prepared tend to cope better and get back to normal routines sooner than those who are unprepared. The program will focus on the specifics of getting a kit, making a plan and being informed.

**Friday, March 11****Uncovering Venture Smith****Luciana Lavin**

Luciana Lavin is the Director of Research and Collections at the Institute of American Indian Studies, with a wealth of experience in anthropology and archaeology. In this presentation, she will discuss the inspiring story of Brothier Furro AKA Venture Smith and the archaeological project which began in 2001, to uncover the remains of his historic property, located in Haddam, CT.

**Friday, March 18****Body Language****Carolyn Finch**

Carolyn Finch, MS SLP is an internationally recognized Body Language Expert and an authority on speech and interpersonal communication. She combines her expertise from business, education and the medical world with entertainment talents that are memorable. Her audiences leave with practical valuable information. Carolyn's focus is to help you understand non-verbal communication and how messages are conveyed & interpreted.

**Friday, April 1****We All Have a Story to Tell – Food, Family & Tradition****Tina Agati**

OLLI members are invited to participate in a memoir booklet that will be published and presented to all participants in summer 2016. Additional info about Literacy Volunteers and Waterbury Reads will be presented as well.

**Friday, April 8****The Con Artist Playbook****Tia Murphy**

Come listen to Tia Murphy, a representative from the AARP Fraud Watch Network, present AARP's new campaign to fight identity theft and fraud, and give you access to information about how to protect yourself and your family.

**Friday, April 15****Handwriting Analysis: “What your handwriting reveals”****David DeWitt**

Your handwriting is a mirror of yourself and is a product of your mental capacity. Like a photograph, at a specific moment, your handwriting will reveal more about you than you may think. No matter how you are taught to write at school, your handwriting will eventually take on your own personal style and become a unique guide to your personality and character.

**Friday, April 22****Mozart's Effect on Us: Inquiries into Music, the Brain, and the Mind****Vincent de Luise**

Music surrounds us. It is part of who we are as humans. In this presentation, Dr. de Luise will provide deep insight into music, and attempt to answer questions, such as: How foundational is music? Did it precede language? What does music do to us neurologically and psychologically? Why does it make us happier? Why do major chords sound “happy” and minor chords sound “unhappy”? Is it our cultural bias, or is it the music? What is the “Mozart effect”? Can it make us smarter? Where does music go in the brain and in the mind? Can music be used as a healing art? Can music be another form of medicine? How does music help people with Alzheimer Disease, Parkinson Disease, or stroke?

**Friday, April 29****Shakespeare Presents: “Waterbury Interactive: Our City, Our Neighborhoods,”****Emily Mattina**

“Waterbury Interactive: Our City, Our Neighborhoods,” is now in its 4th season. It celebrates Waterbury's unique history, neighborhood by neighborhood, through the living arts, in order to inculcate a sense of civic pride in the new generation while celebrating those who helped build it. Once the plays are created, they tour to neighborhood parks or other centralized locations to reach older adults, families and neighbors.

**\*Please see page 9 for more information.**



a voice of leadership, thought, and action onstage and off

**Shakesperience Productions** proudly presents "Waterbury Interactive: Our City, Our Neighborhoods." Artistic Director Emily Mattina's signature theatrical celebration of Waterbury's history, as performed and written by today's inhabitants, returns for its fourth fruitful year. Shakesperience is proud to be working with a new partner in the Osher Lifelong Learning Institute (OLLI) as we invite you to share your memories of Waterbury's past and to help shape its future as the authors and presenters of a unique communal time-capsule. Through a mixture of story-telling, song and conversation, actors and audience chart the course of a small settlement in the 17th century called Mattatuck as it blooms into the Waterbury of today, the fifth largest city in Connecticut with its many distinctive neighborhoods, including a fascinating foray into the local legends of nearby Woodbury and Middlebury. Join us as we continue to develop this one-of-a-kind program!

"Waterbury Interactive" provides our citizens with the tools, outlook, perspective and confidence that we need to engage with our community and one another in a positive, collaborative manner to foster a sense of togetherness and pride of place that is, in the words of our city's motto, "more lasting than brass." A workshop presentation, performed by Shakesperience's professional resident actors, will take place at the following dates and times: March 1, 8, 15, 22, and 29 and April 5, 12, 19, and 26 from 3-5 p.m. at the Palace Theater. Additional touring dates include April 29 (at the OLLI Cafe) and May 15-17, 24-26 (times and places TBA).

For more information, and to get a glimpse into this ground-breaking collaborative movement, please join us for an introductory presentation on **Friday, January 29<sup>th</sup>**, from 2:00 - 3:00 PM at UConn's Waterbury Campus (Room 113).

## OLLI TRAVEL / CLUBS & COMMITTEES

### OLLI Travel

Enjoy day or overnight trips with OLLI members and friends planned by the OLLI Travel Committee and Friendship Tours.

All trips are open to OLLI members, and non-OLLI members on a first come, first served basis. Members pay the member price listed with the trip. Non-members pay the member price plus a \$10 surcharge for day trips or a \$20 surcharge for overnight excursions. More information can be found online at the OLLI Travel Page: [olli.uconn.edu/olli-trips](http://olli.uconn.edu/olli-trips), or by calling Friendship Tours, 860-243-1630, and inquiring about OLLI day trips or OLLI overnight excursions. (Please do not call the OLLI Office).

### Clubs & Committees ([olli.uconn.edu/clubs-and-committees](http://olli.uconn.edu/clubs-and-committees))

CLUBS & ACTIVITIES	Meets 1 <sup>st</sup> Tuesday of the month	Nancy Via: <a href="mailto:nvia@sbcglobal.net">nvia@sbcglobal.net</a> or Delma Way: <a href="mailto:delvilway@aol.com">delvilway@aol.com</a>
POETRY WORKSHOP	Meets 3 <sup>rd</sup> Tuesday of each month	Harriet Fotter: <a href="mailto:harriettf@me.com">harriettf@me.com</a>
OLLI TRAVEL	Meets 1 <sup>st</sup> Wednesday of each month	Ann Rompre: <a href="mailto:annrompre@sbcglobal.net">annrompre@sbcglobal.net</a> or Genevieve Delkescamp: <a href="mailto:gdelkescamp11@comcast.net">gdelkescamp11@comcast.net</a>
OLLI NEWSLETTER	Meets 2 <sup>nd</sup> Tuesday of Feb & April	Bob Grady: <a href="mailto:yvoorg@aol.com">yvoorg@aol.com</a> or Nancy Blomstrom: <a href="mailto:nblomstrom@aol.com">nblomstrom@aol.com</a>
OLLI BOOK CLUB	Meets 3 <sup>rd</sup> Monday of each month	Nancy Via: <a href="mailto:nvia@sbcglobal.net">nvia@sbcglobal.net</a>
OLLI CAFÉ	Meets 2 <sup>nd</sup> Thursday of each month	Ned Conlan: <a href="mailto:econlan@snet.net">econlan@snet.net</a>
EDITORIAL COMMITTEE/ VOICES & VISIONS	Meetings as needed	Chuck Miceli: <a href="mailto:charlesmmiceli@gmail.com">charlesmmiceli@gmail.com</a>

## CALENDAR OF EVENTS / IMPORTANT DATES

<b>JANUARY</b>	January 21: Spring Registration Begins	January 22: Winter Classes Begin
<b>FEBRUARY</b>	February 17: Last Day of Winter Classes	February 19: Spring Classes Begin
<b>MARCH</b>	March 25: No OLLI Classes (Good Friday)	
<b>APRIL</b>	April 29: Last Day of Spring Classes	
<b>MAY</b>	May 31: Summer Classes Begin	



## HC-404 FROM PLANTING TO HARVEST TO TABLE: THE GREENING OF WATERBURY

**Presenter:** Nunzio DeFilippis

**Cost:** \$25 (Special Project-Reduced Fee)

**Questions:** Contact OLLI presenter Nunzio DeFilippis at [nonnonunzio@comcast.net](mailto:nonnonunzio@comcast.net) or at 347-743-7499

This is a one-of-a-kind learning opportunity to join a successful service learning project in support of the national focus on sustainable urban food production. This project is a partnership among the Osher Lifelong Learning Institute at UConn, Brass City Harvest, St. Vincent DePaul Soup Kitchen, and Greater Waterbury Interfaith Ministries Soup Kitchen. This project is partially funded by East Hill Woods Fund – Pathways for Seniors, Connecticut Community Foundation.

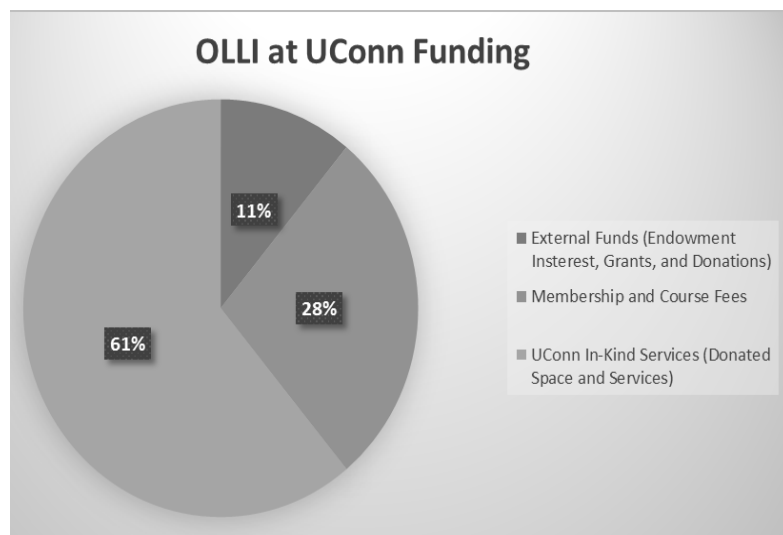
By participating in this project, you can expect a rewarding, hands-on, learning project with an avid gardener-instructor, and a deeply rewarding experience in urban gardening. Learn about soil preparation techniques, planting, growing viable seedlings, and raised-bed gardening techniques. Participants will also be provided with the opportunity to provide fresh food to Waterbury residents, and even cook and serve if they choose.



As a registered participant, you are expected to participate from the pre-growing season, through growing season, to harvest. Individuals take vacations and have other commitments that will cause them to be absent at times. Reasonable absences can be arranged with the OLLI presenter. Due to the nature of live plants, the project will require a minimum commitment of three hours a week, on Tuesdays, Thursdays, and/or Saturdays. During the growing season (mid-May to mid-July) additional gardening hours are highly encouraged. New England weather will dictate some meeting times and locations, as determined by the University and/or the OLLI presenter. Please note that significant or late winter storms could impact access to Fulton Park Farm. Registered participants in this program are considered members and volunteers of OLLI at UConn.

This course begins in early Spring and continues through Summer and early Fall. An introductory class meeting will take place on Fri, March 4<sup>th</sup> at UConn Waterbury - time and campus location TBA.

## Everyone Plays a Role in OLLI, Especially You!



### UConn and the Waterbury Campus - "Our Home"

All campus rooms, maintenance, electricity, technology, public safety, library services and some salaries are donated by the campus. When you see Dr. Pizzuto or any of his staff, please offer them a big "Thank you!"

### The Bernard Osher Foundation - "Our Major Benefactor"

They have provided grants, an endowment, and the possibility of future funds. All direct donations count toward demonstrating to the Bernard Osher Foundation that there is local commitment. Successful, direct fundraising from members and friends of OLLI is a requirement of obtaining future funding.

### University of Connecticut Foundation, Inc. - "Our Bank"

They invest donated funds and support OLLI with fundraising. OLLI receives interest from the Osher endowment each year. Donations to the OLLI Sustainability Fund and the John & Joyce DeCesare Renaissance Fund go directly to OLLI operations.

### YOU - "Our OLLI Family"

Your ideas, volunteerism, teaching, and belief in the richness of life are the lifeblood of OLLI. Every donation of every amount is valued and used efficiently for this low cost, high quality program.

If OLLI at UConn has positively impacted your life and you would like to make a donation in support of this program, please go directly to: [s.uconn.edu/supportolli](http://s.uconn.edu/supportolli) or contact the OLLI office at (203) 236-9924 / [osher@uconn.edu](mailto:osher@uconn.edu) to request a donation form and return envelope.

95 cents of every dollar goes directly to OLLI programming! Thank you!

# UConn

## WATERBURY

Osher Lifelong Learning Institute  
The University of Connecticut  
99 East Main Street  
Waterbury, CT 06702

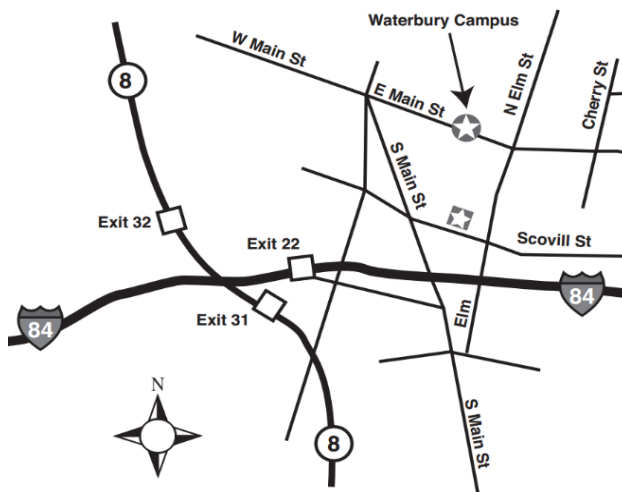
OLLI Photos Courtesy of UConn, Waterbury IT Department and Undergraduate Students. Brochure Design: Jonathan Draper.



The University of Connecticut's Waterbury Campus serves more than 1,100 students annually. In more than sixty years of operation, UConn Waterbury has opened the doors to educational access and excellence to thousands of Connecticut residents, many of whom have distinguished themselves in the fields of community service, business, education, law and politics.

### CONTACT US

For more information, call **203.236.9924**, email: [osher@uconn.edu](mailto:osher@uconn.edu), or visit us online at [www.oli.uconn.edu](http://www.oli.uconn.edu).



**University-Issued Parking Decals:** Parking Services, Storrs, CT has agreed not to charge Spring 2016 OLLI registrants for parking decals this semester. They will begin charging per semester, in Fall of 2016.

All Spring 2016 registrants will receive mail or email communication directly from Parking Services, Storrs, CT, before the start of the semester. If you will need a UConn parking pass during the Spring semester, you should submit the requested vehicle registration information directly to Parking Services.

### DIRECTIONS

The UConn campus is located at 99 East Main Street in Waterbury, across the street from the Palace Theater. Parking and directions to the campus can be obtained from our website: [www.oli.uconn.edu/parking-and-directions](http://www.oli.uconn.edu/parking-and-directions) or by calling **203.236.9924**.

### PARKING OPTIONS FOR OLLI AT UCONN

**Please Visit:** <http://oli.uconn.edu/parking-and-directions/>

#### UConn Waterbury Parking Garage

(Managed by UConn Parking Services, Storrs, CT)

#### Scovill Street Municipal Garage

(Managed by the City of Waterbury)

#### Convenient, Privately Owned Street Level Parking

Outdoor, partially covered street-level parking lot is located between the campus building and the Moriarty Building on 141 East Main Street (across from the Palace Theater). This lot is not owned or operated by UConn. Currently this lot has reasonable daily rates.

**NOTE:** If you do not have an up-to-date UConn parking decal, and plan to utilize either University parking options (UConn Waterbury Parking garage or Scovill Street garage), you must obtain one from Parking Services, Storrs, CT.

For additional Information about parking in Downtown Waterbury please visit:  
[www.waterburyparking.com](http://www.waterburyparking.com)